

Seasonal Health Boost

Winter is ruled by the Water element, which is associated with the kidneys, bladder and adrenal glands. According to the philosophy of Chinese medicine, the kidneys are considered the source of all energy or “Qi” within the body. They store all of the reserve Qi in the body so that it can be used in times of stress and change, or to heal, prevent illness, and age gracefully. Our bodies are instinctively expressing the fundamental principles of winter – rest, reflection, conservation and storage. During the winter months it is important to nurture and nourish our Kidney Qi. Remain introspective, restful, and consolidate your Qi through the season.

Seasonal Tune-Up - Acupuncture and Oriental medicine can prevent colds and flu by building up the immune system with just a few needles inserted into key points along the body’s energy pathways. These points are known for strengthening the circulation of blood and energy and for consolidating the outer defense layers of the skin and muscle (*wei Qi*) so that germs and viruses cannot enter through them.

Seasonal acupuncture treatments just four times a year also serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems. Call 07931 777 868 to see how we can help you stay healthy this winter!